

HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

Illustrations Showing Four Ways of Washing and Caring for the Hair

METHODS of cleansing the hair seem to run in families. Some people stand by egg shampoos, others think that soap and water is the only reasonable wash, while still another clan will hold that eggs, soap, and water are all injurious to the growth of the hair, and that a dry shampoo is best, with a gasoline bath once in a long while. All these fashions may be right. What agrees with one need not necessarily suit another, and surely any one may dictate how her own hair may be washed.

No matter what cleansing process is employed, the "patient" whose hair is being done wants as much comfort as may be had during the process, and a Morris chair is ideal for the purpose, because the back may be let down till the top is on a level with the basin, so that the hair may rest on the marble edge of the basin.

An egg shampoo may be made by dissolving a half cake of white soap in one pint of warm water. This is best done on the stove. To this add an egg that has been thoroughly whipped, stirring it in with the water to prevent curdling. Add one-third teaspoonful of borax and one teaspoonful of alcohol if the mixture is not to be used immediately. When using, rub the shampoo well into the scalp, and then rinse in several clear waters with a spray if possible.

A plain soap and water wash is perhaps the most popular, and there are several mixtures each with a long line of advocates. A preparation including shavings of white soap, water, potassium carbonate, borax, cologne water, and a dash of bay rum is especially adapted to blonde hair. The simplest wash perhaps is made by dissolving one-half cake of

white soap in a quart of boiling water, and a tablespoonful of washing soda in a quart of boiling water. The two quarts mixed together make the shampoo, and five rinsings are necessary.

Tea is popularly supposed to be a tonic for the hair, and a good shampoo has its basis in tea. It is made of two ounces of alcohol and the same quantity each of green tea and dried sage. When strained, keep corked to prevent evaporation.

All of the washings given require a rinsing in water, and, as a natural result, a tiresome time while the head is being dried and brushed, so for the woman in a hurry who has not time to sit for an hour while her tresses are drying, a dry shampoo is recommended. This is simply done by rubbing orris root in powder form well into the scalp for blonde hair, but for dark hair a special cleansing powder is sold.

The secret of cleansing the hair after the application of the powder is in the hand, fast brushing after the first rubbing. The powder should be put on and brushed out until hair and scalp are clean.

When gasoline is used nothing further is necessary, for the cleansing fluid removes all dirt and oil and dries almost immediately. For this reason and because a cold is not likely to result, even if the patient goes out at once into the air, the gasoline is very popular with some women.

As a general rule, it is only necessary to wash the hair once every three weeks or once every month, but there are some isolated cases where the hair should be cleansed oftener. In any case, a month is ample time to allow between washings.



Dry Shampoo with Powder

Brush Brushing to Make Hair Healthy



Deating Egg for Shampoo

Comfortable Way to Wash Hair

MRS. SYMES' ADVICE ON MANY INTERESTING TOPICS

Solution to Keep Hair Curled.

The hair-curling solution is made thus: Gum arabic, one ounce; good moist sugar, one-half ounce; pure hot water, three-quarters pint; alcohol, two fluid ounces; bichloride of mercury, six grains; sal ammoniac, six grains. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curlers. This is too strong a solution to be applied repeatedly, as it would surely have a destructive effect on the hair follicles. Therefore, it should not be too frequently applied, and not at too short an interval. An occasional use, however, is practically harmless.

Excessive Perspiration.

Excessive perspiration usually indicates a nervous or rundown condition, and in such instances a tonic should be taken to build up the system. For external treatment use freely a good powder, which will tend to prevent oversecretion of the sweat glands. Washing under the arms night and morning with hot water and soap is often very effective. Washing with cologne and water or alcohol and water in equal parts is also helpful.

Troubled by Red Nose.

The red nose is probably due to a disordered stomach. Try to straighten out matters there, or else you can do little to cure the red nose and pimples. Be very careful about your diet. Massage is an excellent thing to relieve this condition. Massage vigorously along the leading nerve of the nose on each side. This will surely relieve congested circulation.

Brown Hair Stain.

The brown hair stain is made thus: Green walnut skins, two ounces; alum, one-quarter ounce; pure oil, four ounces. Heat together in a water bath until the water has been completely evaporated. Then express, filter, and perfume. Sage tea may be used to darken the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

Two Questions Asked.

A flesh brush is not at all harmful to the face if used correctly. Get a brush just sufficiently firm to give a stimulating glow and feeling of freshness. It should be used upon the dry surface immediately after bathing. Apply this tonic to the hair once a day. Resorcin, three drams; tincture of cantharides, one ounce; oil of cedar, four drams; oil of rosemary, ten drops; bay rum, add sufficient to make eight ounces.

To Cure a Sty.

The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (five grains to one ounce of water), and apply at night a piece of boracic lint wrung out of boiling water; cover with a piece of jaconet and a pad of cotton-wool on top; fix with a bandage.

Blood Purifier.

This will prove an excellent tonic for the blood: Sodium sulpho-vinate, one ounce; compound syrup of sarsaparilla, four fluid ounces; fluid extract of dandelion, two fluid ounces; syrup of orange, one and a half fluid ounces; water enough to make sixteen fluid ounces.

Orange-flower Skin Food.

The orange-flower skin food does not bleach the skin; its purpose is to make the skin soft and pliable. Following is the recipe: Oil of sweet almonds, four ounces; white wax, six drams; spermaceti, six drams; borax, two drams; glycerin, one and one-half ounces; orange-flower water, two ounces; oil of neroli, fifteen drops; oil of bigarade (orange skin), fifteen drops; oil of petit grain, fifteen drops. Melt the first three ingredients, add the glycerin to the orange-flower water, and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously. Buttermilk is one of the simplest and most effective remedies that I know of for whitening the skin. Bathe with it both before and after exposure to the sun and let it dry on the skin. This will also help to keep the freckles away.

To Whiten and Soften Hands.

To soften, whiten, and remove stains from the hands use glycerin and lemon. Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well. After washing and wiping the hands, rub a little of this mixture into them.

I would advise you the use of the following shampoo, which will do much toward keeping one's hair light. White castile soap, in shavings, one ounce; water, twenty-four ounces; potassium carbonate, thirty grains; borax, one hundred and twenty grains; cologne water, two ounces; bay rum, two ounces. Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters, then dry carefully.

To Increase the Weight.

A girl of fourteen cannot expect to be of correct proportions in weight and height, as it will take a year or two for her to become more developed. In the meantime, get plenty of sleep, at least ten hours out of every twenty-four. In addition to this, take naps during the day if possible. The diet should be liberal, and should consist largely of food containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macaroni and spaghetti kinds, fish and oysters, ice cream, desserts without pastry. She should be out-of-doors as much as possible and exercise moderately.

Paste for Freckles and Brown Spots.

Try the following for freckles and brown spots: Salicylic acid, sixty grains; bay rum, four ounces. Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerin or starch.

This may also be tried in cases of obstinate freckles: Lactic acid, three ounces; glycerin, four ounces; rosewater, one ounce. This is to be gently applied by means of a camel's-hair brush. If the skin becomes irritated or sore, omit one or two days' treatment. Cocoa butter is not in any way injurious. It is a great flesh builder and good to use if your face is too thin.

Lavender Water.

Here is a recipe for lavender water: Oil of lavender, six fluid ounces; alcohol, forty-eight fluid ounces; rosewater, eighteen fluid ounces; magnesium carbonate, one avoirdupois ounce.

To Reduce the Bust.

Here is a harmless pomade to reduce the bust: Tincture of benzoin, twenty drops; iodide of potassium, forty-five grains; vaseline, one and one-half ounces. The following may also be recommended: Pure deodorized iodine, one ounce; vaseline, two ounces; essence of peppermint, twenty drops. Then cover breasts with two cloths dipped into the following: Pulverized alum, thirty grains; acetate of lead, one ounce; distilled water, eight ounces. Cover the cloths with oiled paper and keep them on all night.

Milk of White Roses.

A woman is never too old to improve her looks. Massage your neck and at the same time rub this lotion well into the skin: Rosewater, one-half pint; simple tincture of benzoin, one-quarter ounce; attar of roses, three drops. Put the rosewater into a basin. Add the tincture of benzoin a drop at a time. Add attar of roses and bottle.

Tonic for Eyebrows.

The following is a very good tonic for the eyebrows: Oil of lavender, fifteen drops; oil of rosemary, fifteen drops; tincture of cantharides, two drams; vaseline, two ounces. Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated, then less often.

To Overcome Insomnia.

After exhausting exercise, and when the muscles are very tired for any reason, or when extremely nervous, great relief will be experienced from taking a hot plunge bath to which has been added about a quart of salt. This bath taken before retiring will overcome insomnia.

To Reduce the Abdomen.

In standing position, clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Rest by taking three deep breaths between each exercise.

To Those with Weak Hearts.

Any one having a weak heart should take neither cold nor hot baths, but should use only warm water, and afterward rub down with clear alcohol, being careful meanwhile not to expose the body to a draught.

To Develop the Hips.

The following exercise is excellent for developing the hips: Stand alternately on each foot, swing the free limb pendulum fashion from the hips, each time allowing it to go as far forward and backward as possible.

Recipe for Eye Lotion.

Here is the recipe for an eye lotion: Boric acid, one ounce; boiling water, one pint. Put boric acid in a basin; pour water in and allow to quite dissolve before bottling. Then strain and use the clear solution.

Obstinate Blackheads of the Skin.

Try this method of removing blackheads: Ether, two ounces; soap liniment, two ounces. Rub into the spots affected, and as soon as the mixture burns, wash the surface with hot water.

Wart Eradicator.

Apply the following repeatedly to each wart, continuing the treatment for several days. The warts dry up and then drop off: Sublimed sulphur, 120 grains; glycerine, five fluid drams; acetic acid, one fluid dram.

Talcum Powder.

A delightful talcum powder is composed of the following: Farina starch, fifty grains; powdered lycopodium, twenty grains; powdered talcum, twenty grains; salol or boric acid, ten grains; essence of violet, twenty grains.

To Remove Wrinkles.

Soften the skin that is wrinkled with cold cream; then smooth out the wrinkles with the fingers by regular movements several times a day.

Oily Skin.

If your skin is at all oily do not use a cream, but apply the following lotion: Sulphate of zinc, two grains; compound tincture of lavender, eight drops; distilled water, one ounce.

Olive oil can be used with good results, both externally and internally. Massaging with it is good; also a tablespoonful taken three times a day is beneficial.

For Catarrh.

One will find that salt and water are very good for this trouble, and have often cured this disease. It is such a simple remedy that it is well worth trying. Have the water lukewarm, but do not make it too salty; then use it as a gargle and sniff it into the nasal passages. The use of an atomizer is still a better way to apply the salt water.

Salve for Granulated Eyelids.

The following formula is good for granulated eyelids. You can prepare it yourself: Yellow oxide of mercury, one grain; vaseline or unsalted butter, one-half ounce. Apply to the eyelids night and morning.

Shoulder Braces.

Braces will do much to correct round shoulders, together with continual practice of swelling the chest and drawing the shoulder blades together.

To Beautify the Nails.

This cream preserves the dainty, transparent beauty of the nails and prevents the nails from becoming brittle: Petroleum, one ounce; white castile soap (powdered), sixty grains; oil of bergamot, three drops.

FROM WOMAN'S POINT OF VIEW.

It is a matter of regret that gum-chewing is coming back to popularity. It had been relegated to the background with toothpicks and a few other disagreeables, but some turn of the wheel of chance has attracted attention to it again, and we are beginning to meet wagging jaws in public places, and sometimes they are part of the make-up of pretty girls.

I remember that a beauty specialist stated that chewing gum filled out hollow cheeks, and a dentist said that it was beneficial to the gums. But neither had a word to say about its effect upon the shape of the mouth or the condition of the teeth. Filled teeth are not benefited by overwork and unnecessary stretching of the muscles around the mouth hardens them and spoils the shape of an important feature. Then there is the stomach to be reckoned with. Proper mastication of food is the chief demand of a healthy stomach, and when that is attended to there is no need of assistance from gum of any description.

Vast fortunes have been made out of the sale of chewing gum, and new fortunes are being built up from new varieties. It would not matter much if the chewing was done in private, but wagging jaws are not pleasant sights, and it must be admitted that persons of refinement are never guilty of such a breach of good manners. I cross across a curious

couple at a country inn, a man of good birth, education, and refinement, and a young wife he had taken from humble surroundings and was educating for a position in his own class.

She was not sufficiently pretty to make one oblivious of her faults in breeding, and she was not the least bit clever. But she had an unbounding respect and gratitude for the man who had put an end to the hard life she led behind a counter in a department store and placed her in luxury, so she studied hard to please him. On the afternoon I met her she had been entertaining a feminine friend, and came down to the parlor with her mouth full of gum. There she waited for her husband, and there he found her in full enjoyment of a recreation familiar to her earlier days.

Amazement was written in every line of his face, and there promised to be a lecture awaiting the bride in the privacy of her own apartments. She was a bit subdued when she came into the dining-room, and it is safe to say that the habit received its death blow that day. It is a pity that every other devotee of chewing gum could not be so fortunate as to have a reformer in the family. It is a pity that pretty girls cannot see how plain they can be and honestly own up to the point of ugliness which they can reach by a little carelessness.

BETTY BRADEN

How to Arrange a Hair Net



Pinning Net in Front



Pulling Out the Hair at Sides, with Puffs Over Net



Arranging Sides

There is, perhaps, no more unattractive sight in the world than a careless woman. She who depends upon the perfection of her appearance to attain and keep her place in her circle of life, cannot do enough to insure neatness and cleanliness. All this being true, there are many girls and women who put on their clothes well, leaving no unsightly details to offend the eye, but when it comes to the coiffure, their care stops short. "I have reached perfection," such a one says to herself. "My friends will only see how well my dress looks, how nicely my coat fits, and how trim my belt is. As for my head, that will attract the eye. Surely no one would think of taking exception to these few straggly hairs that stray on my forehead and over my ears."

That is just where you are wrong, unthinking lady. Where you would have complete success in a tailor-made, those few loose locks turn it into failure, for, while you may look neat a few yards away, your friends who stop to speak

to you are the ones who see just where your care has fallen short. The only way to insure a clean-cut appearance is to learn to manage a hair net. What a pleasure it is to be able to drive, ride, and motor without wearing a suffocating veil. How satisfactory it feels to know that no matter how strenuous the morning has been, no matter how many bargain counters have been stormed and despoiled, when it is time to go to luncheon, either at home, at a hotel, or with a friend, you may walk confidently into the room sure that you coiffure is the same as when you first started on your travels.

A hair net is triangular in shape, with one quite long and two rather short sides. To put it on, pin with a bent hairpin or barrette the center of the long side at the nape of the neck, al-

lowing the opposite angle to fall backward. Pick up first the angle to the left and bring it around the head, but not too far over the forehead, and pin it to the right side of the pompadour with an invisible hairpin; then pin the angle to the right in the same way on the left side. This being done, bring forward the third angle and tuck it under the knot, pin in place the loose edges of the net, and the deed is done.

In the illustrations given the hair net is shown by a piece of white veiling, for otherwise it would be invisible. The first picture shows how to pin the loose edges down in front; in the second, the sides are loosened so that the coiffure will not look stiff or "waxy"; and in the third, the net has been put on first and afterward false puffs have been added. This is a matter of taste. If the

net over the knot of the hair is considered too stiff, the edges of the net and the loose angle may be tucked in all round the knot, instead of being brought over it.

With the net, combs are quite unnecessary except the one in the back to hold the hair in place, and it may be put on after the net is arranged or not, as preferred.

When the coiffure is arranged low and the puffs are not false, then it is a necessity to put the net over the puffs and all; otherwise the net will be useless.

Hair nets come in three sizes and of all shades. There is a small net which reaches only over the pompadour, and requires special arrangement; a large net that goes over the whole head, but is too small for the average pompadour coiffure, and the extra large net, which extends across the whole front on either side, thus making assurance doubly sure.